

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk	31 ♦ Soft Tacos-Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk
5 ♦ Salisbury Steak ♦ Scalloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk	6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk	7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk	8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk	9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk
12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk	13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll /Margarine ♦ 1% Milk	14 <i>*Cold Meal*</i> ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk	15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk
19 CLOSED In Observance of Juneteenth	20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Cornbread ♦ Peaches ♦ 1% Milk	21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk	23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk
26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk	27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk	28 <i>*Cold Meal*</i> ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk	29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk	30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk